



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 09238, Peaches, canned, juice pack, solids and liquids

Report Date: June 30, 2017 17:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 cup, halves or slices 248g	1 half, with liquid 98g
<strong>Proximates</strong>							
Water	g	87.49	18	0.076	218.72	216.98	85.74
Energy	kcal	44	--	--	110	109	43
Energy	kJ	184	--	--	460	456	180
Protein	g	0.63	25	0.017	1.57	1.56	0.62
Total lipid (fat)	g	0.03	24	0.006	0.07	0.07	0.03
Ash	g	0.27	18	0.004	0.68	0.67	0.26
Carbohydrate, by difference	g	11.57	--	--	28.93	28.69	11.34
Fiber, total dietary	g	1.3	--	--	3.2	3.2	1.3
Sugars, total	g	10.27	--	--	25.68	25.47	10.06
<strong>Minerals</strong>							
Calcium, Ca	mg	6	23	0.377	15	15	6
Iron, Fe	mg	0.27	17	0.033	0.68	0.67	0.26
Magnesium, Mg	mg	7	20	0.176	18	17	7
Phosphorus, P	mg	17	21	0.379	42	42	17
Potassium, K	mg	128	24	4.648	320	317	125
Sodium, Na	mg	4	25	0.232	10	10	4
Zinc, Zn	mg	0.11	14	0.005	0.28	0.27	0.11
Copper, Cu	mg	0.050	14	0.003	0.125	0.124	0.049
Manganese, Mn	mg	0.048	--	--	0.120	0.119	0.047
Selenium, Se	µg	0.3	--	--	0.8	0.7	0.3
<strong>Vitamins</strong>							
Vitamin C, total ascorbic acid	mg	3.6	17	0.270	9.0	8.9	3.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 cup, halves or slices 248g	1 half, with liquid 98g
Thiamin	mg	0.008	6	0.000	0.020	0.020	0.008
Riboflavin	mg	0.017	12	0.001	0.043	0.042	0.017
Niacin	mg	0.582	6	0.034	1.455	1.443	0.570
Pantothenic acid	mg	0.050	--	--	0.125	0.124	0.049
Vitamin B-6	mg	0.019	--	--	0.048	0.047	0.019
Folate, total	µg	3	--	--	8	7	3
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	3	--	--	8	7	3
Folate, DFE	µg	3	--	--	8	7	3
Choline, total	mg	4.1	--	--	10.2	10.2	4.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	19	17	2.736	48	47	19
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	189	--	--	472	469	185
Carotene, alpha	µg	1	--	--	2	2	1
Cryptoxanthin, beta	µg	78	--	--	195	193	76
Vitamin A, IU	IU	381	17	54.723	952	945	373
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	61	--	--	152	151	60
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	1.23	1.22	0.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	1.7	--	--	4.2	4.2	1.7
<b>Lipids</b>							
Fatty acids, total saturated	g	0.004	--	--	0.010	0.010	0.004
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 cup, halves or slices 248g	1 half, with liquid 98g
16:0	g	0.003	--	--	0.007	0.007	0.003
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.012	--	--	0.030	0.030	0.012
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.012	--	--	0.030	0.030	0.012
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.016	--	--	0.040	0.040	0.016
18:2 undifferentiated	g	0.016	--	--	0.040	0.040	0.016
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.002	--	--	0.005	0.005	0.002
Threonine	g	0.025	--	--	0.062	0.062	0.025
Isoleucine	g	0.018	--	--	0.045	0.045	0.018
Leucine	g	0.036	--	--	0.090	0.089	0.035
Lysine	g	0.020	--	--	0.050	0.050	0.020
Methionine	g	0.015	--	--	0.037	0.037	0.015
Cystine	g	0.005	--	--	0.013	0.012	0.005
Phenylalanine	g	0.020	--	--	0.050	0.050	0.020
Tyrosine	g	0.016	--	--	0.040	0.040	0.016
Valine	g	0.034	--	--	0.085	0.084	0.033
Arginine	g	0.016	--	--	0.040	0.040	0.016
Histidine	g	0.012	--	--	0.030	0.030	0.012
Alanine	g	0.038	--	--	0.095	0.094	0.037
Aspartic acid	g	0.105	--	--	0.263	0.260	0.103
Glutamic acid	g	0.096	--	--	0.240	0.238	0.094

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 cup, halves or slices 248g	1 half, with liquid 98g
Glycine	g	0.022	--	--	0.055	0.055	0.022
Proline	g	0.027	--	--	0.068	0.067	0.026
Serine	g	0.029	--	--	0.072	0.072	0.028
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0